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# “Festive Family Thanksgiving Cookbook”

## Vegetable Platter with Onion Dip

### Vegetable Platter

Serves 8, Preparation time 20 minutes

2 large carrots	1 small cauliflower or broccoli head
2 celery stalks	1 medium cucumber, peeled or unpeeled
1 dozen cherry tomatoes or 1 small bunch of radishes	

### Onion Dip

Serves 8, Preparation time 5 minutes, Chill time 2 hour

1 cup nonfat sour cream	1 Tbs. dried onion flakes
½ Tsp. garlic powder	¼ tsp. salt

Mix all dip ingredients together and chill for at least 2 hours. Scrub vegetables and then cut and slice then into pieces and place decoratively on a platter. When guests arrive serve the Vegetable Platter with Onion Dip as an appetizer.

### Vegetables

**Nutrition Facts Per Serving:** 20 Calories, 19 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

### Onion Dip

**Nutrition Facts Per Serving:** 33 Calories , 89 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

